

At Your Leisure

January 2009



Resident Of The Month



This month we are pleased to introduce Donald Tepfer as Resident of the Month. Donald Tepfer was born in Wichita Kansas on July 23, 1920. His father was a veterinarian who worked for the Federal Government and his mother was a homemaker. Donald joined the National Guard in December of 1940. As a college wrestler he received the prestigious Schultz Award.

Soon after, he went to Clairborn Louisiana for infantry training where he enjoyed playing halfback for the 1941 Army Football team. Donald met his wife LaVelle and married her on August 13, 1947. Donald and his wife have 5 children, Tim, Steve, Sharon, John, and Danny who unfortunately passed away.

Donald voluntarily joined the service prior to being drafted, Don was sent to primary school in Decatur Alabama followed by basic training in Bliville Arkansas, and finally graduated from flying school in Columbus Mississippi.

Being promoted to Second Lieutenant, Donald Tepfer journeyed to Sebring Florida and yet another flying school this time specializing in B-17 bombers. He began transporting B-17 and B-24 aircrafts out of Long Beach, California. Preferring to be around more "action" he asked to be transferred where his wish for a more intense assignments came true! Boise Idaho was the setting for the his combat training along with the assignment of new crew and new airplane.

Don flew directly from Gooseberry Labrador to Belfast Ireland non-stop. He recalls not seeing a bit of the ocean due to the overcast. He then began the life of a lead pilot fighting in World War Two in the Eight Air Force He flew 35 combat missions over Europe and was awarded The Army Air Metal with four oak leafs. Don was transferred to New York were he served as a personnel clerk.

Donald later became the owner of a grocery store and a Cafe called Don's Cafe. After closing his business he ran the restaurant for The American Legion Golf course.

His son Tim says " he liked remodeling, it seemed like he was always building something". He also liked to keep an immaculate clean yard. Don is someone who always make us smile here at the home. He is very kind and pleasant to talk to.



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Candy Covarrubiaz
Editor



Family Council



We want to thank The Family Council for treating the employees of the Arizona State Veteran Home to an appreciation lunch. They brought drinks, Chinese food, and Gelato. The support of the families is always important and encouraging. There were many family members who volunteered their time to serve our employees. **Thank you for all your support!**



The Family Council would like to invite residents family members to attend the Family Council Meetings. They are every third Saturday of the month at 10:00 a.m. in the training center. If you are a family member who is not receiving a monthly Family Council letter, please let us know so that we can add you to the list. Feel free to contact us if you have any questions.

For Information Contact:

Clark Doane

Family Council Chairman

480-516-7525 cdooo@yahoo.com

To be added to the mailing list contact:

Candy Covarrubiaz

602-351-6879

ccovarrubiaz@azdvs.gov



Employee Association

This year we had a fun time at the Winter Wonderland Employee Association holiday party. The menu included Honey Bears Bar-B-Q, drinks, and desserts. Door prizes and star performers raffle gifts were also given out. Some employees entertained on the karaoke machine. Thank you to all the employees who participate in our Employee Association fund raisers. We appreciate everyone's good spirit and hard work.



Donations

Green Clean

Ernest Pennington in memory of his brother Everette Pennington, former resident

Eddie Basha of Bashas' Inc.

Mary Miller of Thankful People Trading Cards

Honeywell Aerospace Engines Assembly

DAV Auxiliary Unit 20

Ladies Auxiliary to Stanley Crews, VFW Post 3513

American Legion Auxiliary, Crandall-Palmer Unit 61

American Legion Auxiliary Luke-Greenway Unit 1

American Legion Riders Chapter 129

John Sims & Jane Rumba

Field Calibrations, Inc

VFW Department of Arizona District 1

Joe Hopf

Wounded Warriors - American Legion Riders Chapter 129

American Legion Riders 105

Vietnam Veterans of America

Sun Lakes United Methodist Church

Oscar White

Superior Home Services

Thankful People

Mr. & Mrs. Ronald Kerr

Orchid Society of Arizona

Rose Whetten

Andrew Romero

Kim Mitchell

American Legion Post 34 Cave Creek Aux

POW WOW Chapter 1

Veterans of Foreign Wars Dept. of Arizona

Washington Garden Club

Tempe Elks 2251

Lois Sauer

Sarah Hazlett

Ladies Auxiliary Veterans of Foreign Wars

Girl Scouts of Arizona Cactus-Pine Council Troop

American Legion Auxiliary, Unit 44

Ladies Auxiliary VFW Post 9907

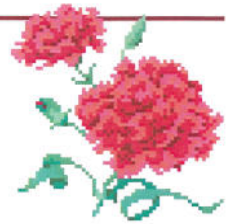
John W. Moore

American Legion Riders Post 27

Riders USA

American Legion Auxiliary

Loving Stitches



Wish List

Gift Cards from Wendy's Fast Food Restaurant in increments of \$5.00

Valentine Decorations for both the nursing units and liberty hall

\$100.00 donation to cover the cost of entertainment at our Valentines Day Sock Hop

Light Rail Passes - All Day Pass (these may be ordered on line at www.valleymetro.org)



Volunteer Spotlight

The Caring Companion Program was conceived a few years ago to nurture quality friendships between volunteers in the community and the veterans in our home. Caring Companions are a special group of volunteers who are matched with specific residents. They are tasked with developing a relationship with a person who may be the life of the party or may be a wall flower. Sometimes the relationships grow easily while other times it takes patience and perseverance. I am honored to work with all of the volunteers who come into this home, but truly feel humbled as I watch these Caring Companions come in week after week to pay a visit to a person who was once a stranger but through this program is now a part of their "family". Over the past few months we have lost a few of our long term residents. This means some of our long term Caring Companions have lost a "loved one" that they have come to know closely through volunteering. I am amazed as these volunteers call to make sure they don't miss the funeral service; let us know they are available to speak at their memorial service; and come here to grieve with all of us at the passing of one of America's Heroes. The Caring Companion program asks a lot from these volunteers. At times I think to myself, "Oh my, this resident has really come to depend upon this person, I hope it isn't too much of a burden for the volunteer." And yet, this group of volunteers bends over backwards, reaches beyond what one can expect from another, and delivers way more than I ever thought possible. From the bottom of my heart I thank each and every Caring Companions for making such a huge difference in the lives of the residents here at the home. Thank you all, Leslie Goin

Taps

Norman Brummond

Marcella Dougherty

George Hersom

Frank Seggerty

Mary Ryan

Margareta Haywood



Resident Birthdays

William Hunt 1-5

Alan Houle 1-8

Harold Bothwick 1-10

John Drochak 1-14

Wayne Anderson 1-16

Murray "Glen" Richardson 1-16



Ken Heskett 1-18

Ned Rafilson 1-23

Robert Mecham 1-24

Francis Ayers 1-24

Frank Mozeko 1-29

LeAnn Doane 1-30





Sun

Mon

















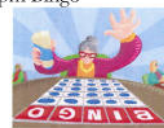



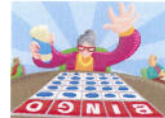

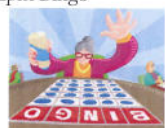



Tue

Wed

Thu

Fri

Sat

				<p>1</p> <p>9am Mid-Week Service LH</p> <p>10am Lawrence Welk & Donuts</p> <p>2pm Bingo</p> 	<p>2</p> <p>8:15am Ladies Shopping to Canteen</p> <p>1pm Walk in the Park</p> <p>2pm Happy Hour LH</p>	<p>3</p> <p>10am Bingo D-1</p> <p>11am Concert LH</p> <p>2pm Clubhouse LH</p> 
<p>4</p> <p>2pm Ice cream Social</p> 	<p>5</p> <p>10am Valle Del Sol presents: "A New year, A New You"</p> <p>2pm Bingo & Sun City Elks</p> 	<p>6</p> <p>10am Exercise D-2</p> <p>2pm World Views & Popcorn-LH</p> 	<p>7</p> <p>9am Outing to Wal-mart</p> <p>10:30am Jewish Services</p> 	<p>8</p> <p>12pm Canteen Trip</p> <p>2pm Bingo LH</p> <p>6:15pm Poker & Game Night LH</p> 	<p>9</p> <p>11:40am Concert: C-2</p> <p>1pm Walk in the park</p> <p>2pm Happy Hour LH</p> 	<p>10</p> <p>10am Bingo</p> <p>11:15am Tai-Chi</p> 
<p>11</p> <p>11am Catholic service</p> <p>11am Christian Services</p> <p>2pm Ice Cream Social</p> 	<p>12</p> <p>10am Am. Leg. Sing-A-Long</p> <p>2pm Bingo</p> 	<p>13</p> <p>2pm World Views & Popcorn LH</p> <p>4:55pm Evening Social D-1</p> 	<p>14</p> <p>10am Craft Group: Wall Hanging</p> <p>2pm Tea Social LH</p>	<p>15</p> <p>2pm Bingo LH</p> <p>2pm Monthly birthday party LH</p> <p>4:55pm Outing Casino Arizona</p> 	<p>16</p> <p>11:20am Concert ken Walker</p> <p>2:00pm Happy Hour LH</p> <p>3:30pm Fish Fry Post 9400-D-1</p> 	<p>17</p> <p>10am Bingo</p> <p>2pm Tempe Boys & Girls Club Visit</p> 
<p>18</p> <p>11am Catholic service</p> <p>11am Christian Services</p> <p>2pm Ice Cream Social</p> 	<p>19</p> <p>10am Game Time-Pinnacle D2</p> <p>2pm Bingo</p> 	<p>20</p> <p>9am Outing Apache Junction</p> <p>2pm World Views & Popcorn</p> 	<p>21</p> <p>10am Bowling LH</p> <p>2pm Food Committee LH</p>	<p>22</p> <p>12pm Canteen trip</p> <p>2pm Bingo LH</p> 	<p>23</p> <p>12:15 Pizza</p> <p>2pm Happy Hour LH</p> 	<p>24</p> <p>10am Bingo</p> <p>11:15am Tai Chi LH</p> 
<p>25</p> <p>11am Catholic service</p> <p>11am Christian Services</p> <p>2pm Ice Cream Social</p> 	<p>26</p> <p>10am Phoenix Art Museum LH</p> <p>2pm Bingo</p> 	<p>27</p> <p>8:30am Outing: Kerr Cultural Center</p> <p>2pm concert Frank Machey LH</p> 	<p>28</p> <p>10am Karaoke W/ Kristen</p> <p>2pm Craft Group</p>	<p>29</p> <p>9am Group Cross Word</p> <p>12pm Canteen Trip</p> <p>2pm Bingo</p> 	<p>30</p> <p>1pm Walk in the Park</p> <p>2pm Peanut Auction LH</p>	<p>31</p> <p>10am Bingo</p> <p>2pm Super Bowl Pre-Party LH</p> 

Did You Know:

January is the first month of the year according to the Gregorian calendar, which is used in almost all the world today. The month is named for Janus, a Roman god. According to Roman legend, the ruler Numa Pompilius added January and February to the end of the 10-month Roman calendar in about 700 B.C. He gave the month 30 days. Later, the Romans made January the first month of the year. In 46 B.C., the Roman statesman Julius Caesar added a day to January, making it 31 days long. The Anglo-Saxons called the first month Wolfmonth because wolves came into the villages in winter in search of food. In the northern half of the world, January is usually the coldest month of the year. Nature is quiet. Birds travel less, and such animals as bears and woodchucks sleep both day and night. Plants rest in preparation for the next growing season. In the southern half of the world, January is usually the warmest month of the year. Plants grow and animals are active.

The snowdrop is January's special flower. It often blooms in the snow. Some people consider the carnation the special flower. The garnet is the January gem.

~Above Information from World Book~



Volunteer Information

Volunteers Needed:

Shopping Trip: Wednesday January 7th at 9:00 a.m.

VA Canteen Visits Every Week on Thursdays from 11:00 a.m. - 1:00 p.m.

Thursday January 15th: Outing to Casino Arizona

Tuesday January 27th: Outing to Kerr Cultural Center 8:30 a.m.

Welcome To Our Team

Judyth Phares	Registered Nurse Pool
Shannan Bridgewater	Registered Nurse
Fausto Medina	Housekeeping Atten.
Gerardo Ochoa	Veterans Benefits Counselor
Jaxinta Parra	Social Worker
Lupita Santellano	Admin Secretary-Fiduciary
Christopher Whitlock	Engineering





Puzzles



Patriotic Word Search

Air force

Army

Blue

Duty

Eagle

Flags

Freedom

Marines

National Guard

white

Navy

President

Pride

Red

Soldier

Stars

Stripes

United

Veteran

d	e	t	i	n	u	r	r	v	n	t	i
r	s	m	a	r	i	n	e	s	t	s	m
a	t	t	v	a	r	t	c	p	s	r	i
u	y	v	a	n	e	r	r	m	a	s	y
g	e	d	i	r	p	e	o	s	e	d	s
l	f	l	a	g	s	d	f	p	m	e	a
a	m	n	s	i	e	i	r	e	f	e	p
n	e	e	d	e	p	e	i	f	e	w	a
o	e	e	r	d	i	a	a	a	l	h	t
i	n	f	n	d	r	r	e	g	a	i	y
t	r	l	l	m	t	e	y	r	l	t	e
a	o	o	y	n	s	t	b	l	u	e	t
n	s	d	t	f	f	s	r	d	d	i	s

Cake Recipe

Banana Cake:

12 Servings

Ingredients:

2 1/2 cups all-purpose flour
1 tablespoon baking soda
1 pinch salt
1/2 cup unsalted butter
1 cup white sugar
3/4 cup light brown sugar
2 eggs
4 ripe bananas, mashed
2/3 cup buttermilk
1/2 cup chopped walnuts

Directions:

1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 - 8 inch round pans. In a small bowl, whisk together flour, soda and salt; set aside.
2. In a large bowl, cream butter, white sugar and brown sugar until light and fluffy. Beat in eggs, one at a time. Mix in the bananas. Add flour mixture alternately with the buttermilk to the creamed mixture. Stir in chopped walnuts. Pour batter into the prepared pans. Bake in the preheated oven for 30 minutes. Remove from oven, and place on a damp tea towel to cool.



Arizona State Veteran Home

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